

ABSTRACT

A recording method for an optical disc having at least three recording layers (11, 12, 13, 14), in which test recording areas are formed in the odd-numbered recording layers (11, 13) and the even-numbered recording layers (12, 14) in positions that are mutually non-overlapping in the thickness direction of the optical disc, the test recording areas in the odd-numbered recording layers are formed in positions mutually aligned in the thickness direction, and the test recording areas in the even-numbered recording layers are formed in positions mutually aligned in the thickness direction. The time for test recording for determining the optimal recording power can be shortened.